

Abstract

Title: Case study of the training process of couples performing Latin American dances.

Objectives: The main objective of this paper is the creation of case studies aimed at developing the sports career of Latin American dance couples. Another objective is to create a training plan for the next dance season based on the information gathered.

Methods: The paper used content analysis and critical analysis of expert literature. The research was carried out through case studies, interviews and testing. The research sample consisted of adult Latin American dance couples. The results are presented via text, illustrative graphs and tables.

Results: It was found that nowadays the performance of dance couples is most affected by their mental state at individual competitions. Depending on the current level of dancers it is necessary to focus primarily on building up psychological resilience for the next dance season. Another focus point of the preparation will be on practicing expressing the character and experience of the individual dances.

Key words: sporting performance, dance technique, physical fitness, psychological resilience, training plan